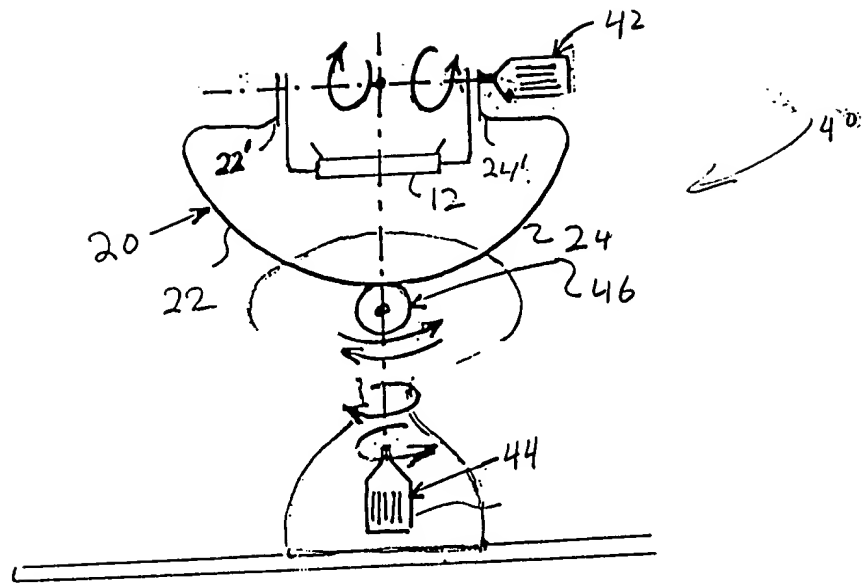
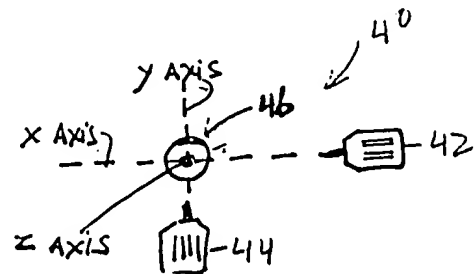


1. $\frac{1}{2}$ cup of water
 2. $\frac{1}{2}$ cup of sugar
 3. $\frac{1}{2}$ cup of oil
 4. $\frac{1}{2}$ cup of vinegar
 5. $\frac{1}{2}$ cup of salt
 6. $\frac{1}{2}$ cup of baking soda
 7. $\frac{1}{2}$ cup of yeast
 8. $\frac{1}{2}$ cup of flour
 9. $\frac{1}{2}$ cup of cornmeal
 10. $\frac{1}{2}$ cup of rice
 11. $\frac{1}{2}$ cup of lentils
 12. $\frac{1}{2}$ cup of beans
 13. $\frac{1}{2}$ cup of chickpeas
 14. $\frac{1}{2}$ cup of quinoa
 15. $\frac{1}{2}$ cup of millet
 16. $\frac{1}{2}$ cup of buckwheat
 17. $\frac{1}{2}$ cup of amaranth
 18. $\frac{1}{2}$ cup of speltz
 19. $\frac{1}{2}$ cup of farro
 20. $\frac{1}{2}$ cup of barley
 21. $\frac{1}{2}$ cup of rye
 22. $\frac{1}{2}$ cup of wheat
 23. $\frac{1}{2}$ cup of oats
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 172. $\frac{1}{2}$ cup of speltz
 173. $\frac{1}{2}$ cup of farro
 174. $\frac{1}{2}$ cup of barley
 175. $\frac{1}{2}$ cup of rye
 176. $\frac{1}{2}$ cup of wheat
 177. <

FIG 9



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F. 6 11

